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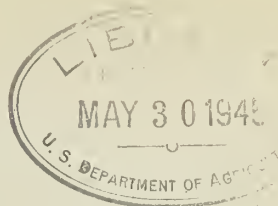
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EX 89

United States Department of Agriculture,
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Reserve

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JUNE 15, 1915.

TO COUNTY AGENTS AND CANNING CLUB GIRLS:

These recipes are prepared for advanced club members who are ready to begin work in preserving. In order to secure the uniform products required for market, it is necessary to have some special equipment. Good enamel or aluminum vessels, scales, measuring cups, wooden spoons and paddles, thermometer and saccharometer (see letter 853) are needed. Instructions for products made from other small fruits are being prepared.

In making preserves, the object is to have the fruit permeated with syrup. Care must be taken to do this gradually so as to prevent the shrinking and toughening which results when fruit is placed at once in very dense syrup. It is also important not to pack the finished preserves in syrup heavy enough to crystallize later. To insure accurate and uniform results, test with a saccharometer the density of all syrups used in packing preserves. A 250 c. c. glass cylinder or other tall slender vessel is needed to hold the syrup in which the saccharometer is floated. The degrees of density used in these recipes are those indicated by Balling or Brix saccharometers.

Process preserves or jam in 12-oz. or pt. jars, 20 min. at 180 degrees F. (simmering). When jars with glass top and screw cap or wire clamp (lightning seal) are used, tighten cap immediately at end of processing. When hermetic jars are used, leave clamp on cap until jar is entirely cold. Abbreviations used: c = cup, tsp = teaspoonful. Measurements level.

BERRY PRESERVES. Practically the same methods are to be followed in preserving and making jams of all berries. Berries should be gathered in shallow trays or baskets and not in deep vessels which allow them to be bruised and crushed. They should be uniform, ripe and sound. Select only large firm berries for preserving; those for jam may contain the smaller and broken ones. All berries should be carefully sorted and lightly washed by placing in colander and pouring water over them rather than putting them into a pan of water.

To retain the best possible color and flavor, syrup for preserved berries should be made of berry juice obtained by crushing, heating and straining the softer broken berries. Add 1 pt. sugar to each pint berry juice and allow to boil 10 min. Weigh the choice perfect berries after removing the caps or stems and allow 1 lb. sugar extra for each pound of whole berries. Add the extra sugar to the syrup, bring to a boil and skim. Remove from the fire and cool syrup before dropping the berries into it to prevent shriveling and toughening the fruit. Place over the fire and bring slowly to a boil and simmer until the berries are heated through, being very careful not to over cook; the berries should remain whole. Lift the berries from the syrup and place carefully in shallow pans. Pour syrup over them and allow to stand over night. Pack cold, filling the jar with berries before pouring the syrup over them. Cap, process and seal. The preserves may be packed hot, after removing from the fire, capped, and processed immediately. The syrup in which berry preserves are packed should have density of 50 to 55 degrees and will often need to be boiled down to this density after removing berries.

JAM. In selecting berries for jam, the ripe broken ones suggested above will give fine color and flavor but at the same time there should always be about 1/2 the quantity which are slightly under ripe. This is necessary to give a jelly like consistency to the product. Cooking in small quantities also helps to retain color and flavor. Weigh the berries and allow 3/4 lb. of sugar to each pound of fruit. Rapid cooking with constant care is essential.

In stirring jam use wooden spoon or paddle, moving it across the center of the vessel first one way and then the opposite and next around the pan, gently moving the mixture from the bottom of the pan, being careful not to stir rapidly or beat. Cook the jam to 220 degrees F. When finished it will give the same test as required from finished jelly; that is, when a little is held a moment, cooled in spoon and allowed to drop from the side of the spoon it will not pour but will fall in a sheet or flake.

PRESERVED FIGS.

6 qts. figs

2 qts. sugar

3 qts. water

Select firm sound fruit, discard all over-ripe or broken figs. Sprinkle 1 c. soda over the selected figs and cover with about 6 qts. boiling water. Allow to stand 15 min., drain off this soda solution and rinse the figs well through two baths of clear cold water. Let the figs drain while syrup is prepared. Mix sugar and water, boil ten minutes and skim. Add well drained figs gradually so as not to cool the syrup. Cook rapidly until figs are clear and tender. (about 2 hrs.) When the figs are transparent, lift them out carefully and place in shallow pans. If the syrup is not heavy enough (about 50 degrees) continue boiling until it reaches this density, then pour it over the figs, being careful to see that the fruit is entirely covered. Let stand over night. Next morning pack the figs cold in sterilized jars, having stems all the same length and placing the figs so that all stems will be upward. Fill each jar to overflowing with the syrup testing 55 degrees. Cap, clamp, process, and seal immediately.

FIG MARMALADE. Select very ripe figs, remove all stems, treat them with scalding soda solution and rinse thoroughly as in preserving. Cook in quantities not larger than 3 lbs. at one time. Allow 1-1/2 lb. sugar to each 3 lbs. of figs. Add barely enough water to start the cooking (about 1/2 c.), crush the figs, heat to boiling and add the sugar. Cook rapidly to 220 degrees F. following instructions given under berry jam. Pack and process like preserves.

PRESERVED WATER MELON RIND. Cut 1 lb. rind into 1 in. squares. Remove peel and all pink part. Soak over night in lime water. (1 oz. lime to 2 qts. water). The following morning let stand for 2 hrs. in clear water. Drain well, then drop into boiling water and boil rapidly for 10 min. Drain again and add gradually to the syrup (made by boiling together 2 c. sugar, 1 qt. water). Add to this the juice of one-half lemon and three extra slices of lemon. Cook until the melon is tender and transparent. Allow to stand until cold, arrange the pieces attractively in the jars, garnishing with slices of lemon. Cover with the syrup testing 50 to 55 degrees. Process, and seal.

GINGERED WATER MELON RIND. Follow the same method as for preserves until after rind has been freshened in cold water. Then drain well and boil rapidly for 15 min. in strong ginger tea (1 oz. ginger to 1 qt. water). Finish cooking in a 30 degree syrup made by using 1 pt. strained ginger tea with 1 qt. water and 1-1/2 lb. sugar. Cook rapidly until tender and transparent (about 2 hrs.). After rind has boiled for one-half hr., add one-half lemon, cut into thin slices. Pack and process like preserves.

PEACH MARMALADE.

2-1/4 lb. peaches cut in small pieces

1 " sugar

1/2 c. peach juice

6 whole allspice

1/2 t. whole cloves

1 cracked peach seed

1 t. cinnamon bark

1 inch ginger root

1 t. sprig mace

(Tie spices in cheese cloth bag.)

Cook all together until thick as marmalade and clear (to 220 degrees F.) Pack hot in hot jars and seal at once. If this is done quickly, having everything very hot, a good seal should result. However, when packing for market, it is far safer to process this jam both to insure sterilization and a tight seal.

GINGER PEARS. Take pears not quite ripe, peel, core, and cut in thin slices. To 8 lb. of pears, allow 8 lb. sugar, 1 cup of water, juice of 4 lemons. Cut the lemon rinds into thin strips and add them. Also add 1/2 lb. of ginger root cut in pieces. Simmer until thick as marmalade. Pack, like peach jam.

SINCERELY YOURS,

MARY E. CRESWELL,

OLA POWELL,

ASSISTANTS IN HOME DEMONSTRATION WORK

